

These strategies can also help:

- Seek out the positive: friends, music, stories
- Notice things that you're grateful for
- Repeat uplifting sayings or mantras: they do help!
- Find the funny: watch comedies and laugh



- Avoid sad or bad: keep away from stress
- Be kind, be helpful, be caring: it will be reciprocated
- Look good, Feel better



- Get outdoors: fresh air, green therapy, sunshine. Yay!
- Fake it until you make it: sometimes smiling (even if you don't feel like it) can make you feel better 😊



How to get good

MENTAL WEALTH

In the same way that we can *help and heal* our physical body,
we can *help and heal* our mental health too...
by doing these things each day...

Have a routine



Sleep well



Eat a balanced diet



Exercise



If we also add in the activities overleaf, we can boost our
mental wealth!